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Survivors plead for food, water and medicine and officials struggle to contend with bodies in the aftermath of a devastating typhoon that killed an estimated 10,000

PAGE 7

CAUGHT ON CCTV CAM

SARAH NO. 1 MAKES A SHOCKING REVELATION TO SHANNON OVER BENTO BOXES

PAGE 10



Thousands come out to remember

Remembrance Day.

Poppies, military medals decorate crowd at Credit Union Centre, in largest indoor service in Canada



MORGAN MODJESKI
morgan.modjeski@metronews.ca

People in Saskatoon came out in full force to pay their respects to those who have served to keep Canada strong and free on Monday morning.

Officials say more than 8,000 people converged on Credit Union Centre for Saskatoon's 82nd Remembrance Day Service.

"As you can see from the crowd ... people want to do it more than anything," said program co-ordinator Donald McDonald.

"People want to know what they can do to remember their relatives and actually remember a lot of people they never even knew," he said, noting he was "very pleased" with the attendance.

While the event serves as a chance to remember for

the public and for members of the Canadian Forces alike, some in uniform say it's also a chance to reunite.

"There's not too many times in the year where ... different organizations can all get together and share their experiences," Lt. Cole Janett, of the North Saskatchewan Regiment, said on Monday.

"It is a moment where we all come together, and everything, work and all that stuff, gets put to the side and we think about one thing and that's remembering — our friends, our family members and the ones who came before us."

Mayor Don Atchison was also in attendance to lay a memorial wreath on behalf of the City of Saskatoon and he said the event is an important one for Saskatoon residents, especially the city's youth.

"If you don't know your history, it's very difficult to understand the present and to see into the future," Atchison said. "By understanding the past and what terrible losses some families have had to endure ... we would hope we would never have another war."



A member of the Canadian Forces stands on guard at Credit Union Centre during Saskatoon's 82nd Remembrance Day Service on Monday morning. Officials say they were pleased with attendance, as more than 8,000 people converged on the centre to pay tribute to those who had lost their lives in combat and say thank you to those currently serving in Canada's military. MORGAN MODJESKI/METRO

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No injuries reported

Two more CN Rail trains jump tracks in Sask. and Ont.

Saskatchewan and Ontario saw the latest in CN train derailments over the last few days.

On Saturday, six cars came off the tracks in

Asquith, Sask., about 33 kilometres west of Saskatoon.

RCMP say the incident happened around 7:30 p.m. None of the cars were carrying dangerous goods. According to one report, the cars were loaded with lumber.

The RCMP issued a statement saying they were investigating, but there was no mention of any injuries or evacuations.

On Monday, investigators from the Transportation Safety Board (TSB) were headed to the scene of another derailment near Fort Frances, in northern Ontario.

The TSB says about 40 CN freight cars loaded with grain came off the tracks.

The short statement from the TSB didn't say whether anyone had been injured.

THE CANADIAN PRESS

\$250,000

Province pledges aid for typhoon

The government of Saskatchewan is providing \$250,000 to the Philippines in the aftermath of a typhoon that has killed an estimated 10,000 people.

"On behalf of the government of Saskatchewan

and the citizens of our province, I offer our prayers, our thoughts, our best wishes to the thousands of families in the Philippines dealing with the devastation and loss of life in the wake of Typhoon Haiyan," Premier Brad Wall said Monday in a statement.

Wall also extended condolences to Saskatchewan's Filipino residents who have family abroad. **METRO**

Agricultural trade show still going, still growing

Canadian Western Agribition. Event has been booming since it began back in 1971



ROSS ROMANIUK
Metro in Regina

Perhaps only an agricultural event could grow like this.

But even the president of the Canadian Western Agribition, Reed Andrew, seems a little surprised at how the Saskatchewan farm trade show has taken off since its inception 42 years ago.

"It's grown and grown," said Andrew, whose father co-founded the Agribition, on Monday as the sprawling showcase got started for another six-day run at Regina's Evraz Place.

"The Canadian Agribition brand is known all over the world.... We have over 700 international guests coming from 60 countries."

More than 4,000 head of cattle, horses, goats and sheep

And still changing

New at the Agribition this week is an extended "lifestyle" pavilion, running two hours later on Thursday — until 9 p.m. — than its closing time on other days.

and more than 800 trade-show booths have packed some of the halls and pavilions, along with a building full of "lifestyle" product exhibits — many of which seem more removed from farm fields.

"Everything imaginable is in that building," Andrew said. "It's really attractive to city people. It's a great place to buy Christmas gifts."

At least 125,000 people are expected to file through the doors through Saturday, many of them taking in a rodeo running on the Brandt Centre's arena floor.

A high school division, featuring a large contingent of Saskatchewan ropers and riders among other competitors, burst out of the gate on Monday afternoon.



Reed Andrew, president of the Agribition, shows some of the livestock exhibits as the trade show gets underway on Monday. Inset: one of many high school rodeo competitors chases down a calf. **ROSS ROMANIUK/METRO**

11 NEWS

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1 Marching forward. Tony Engelberts, commanding officer of the North Saskatchewan Regiment, salutes as he leads troops and service personnel in the city's Remembrance Day parade Monday.

2 Give peace a chance. John McKay, a former UN peacekeeper, stands and salutes during the service at Credit Union Centre.

3 Lead by example. Mayor Don Atchison looks on as a wreath is laid on a cenotaph.

4 For the fallen. Wreaths pile up next to a plaque dedicated to those who lost their lives serving Canada.

5 Youth remember. A young Air Cadet salutes a veteran as he prepares to lay a white cross donning a poppy on Monday morning.

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Saskatoon remembers

More than 8,000 people attended the city's 82nd Remembrance Day Service Monday. The public had a chance to remember those who lost their lives in combat and to thank those currently serving in the Canadian Forces.

MORGAN MODJESKI
morgan.modjeski@metronews.ca



Bangladesh garment workers battle police

Turmoil over working conditions. Violence forces at least 100 factories to close

Thousands of workers demanding higher pay clashed with police Monday in continuing protests over working conditions in Bangladesh's garment industry.

At least 30 people were reported wounded as protesters hurled rocks and sticks at clothing factories while police responded using tear gas.

The South Asian nation has seen three weeks of bloody political protests, and Monday's demonstrations only added to the chaos.

A government-appointed panel voted last week to raise the minimum wage for millions of garment workers to 5,300 takas (\$69.36) a month — a 77 per cent raise, but still the lowest minimum wage in the world. The workers re-

jected the proposal, demanding 8,114 takas (\$104).

Factory owners have not endorsed it either and argue the raise would destroy the industry in a fiercely competitive global market.

Bangladesh is the world's largest garment manufacturing country after China, earning more than \$20 billion US a year from garment exports, mainly to the U.S. and Europe.

The sector employs about four million workers, mostly women.

The country's garment industry has come under scrutiny for its often harsh and unsafe conditions after the collapse of a factory building killed more than 1,100 people in April.

In another horrific case, a fire last November killed 112 workers.

Mustafizur Rahman, director of the Industrial Police, said thousands protested and at least 100 factories were closed Monday in the Ashulia

Production disrupted

"There is no chance to resume work in factories today (Monday)."

Mustafizur Rahman, director of the Industrial Police saying at least 100 factories were closed to avoid further violence.

and Savar industrial areas to avoid further violence.

Rahman would not say if there were any injuries, but Somoy TV station says up to 30 people were injured.

Monday's chaos came amid a nationwide general strike enforced by the main opposition Bangladesh Nationalist Party and 17 allies to demand a caretaker government with people from outside political parties to oversee national elections due by early January.

At least 19 people have died and hundreds have been injured in similar opposition protests since Oct. 26.

THE ASSOCIATED PRESS

Loosening the grip

Egypt curfew to end Thursday

Egypt's interior minister indicated that a three-month curfew and state of emergency will expire Thursday as scheduled.

Mohammed Ibrahim said security forces will still patrol the streets for protests by supporters of President Mohammed Morsi, toppled by the military on July 3.

THE ASSOCIATED PRESS

Kenya mall attack

Gunman once lived in refugee camp: Officials

One of the four Westgate Mall attackers once lived in a Somali refugee camp of 50,000 people in Kenya, say two security officials, highlighting Nairobi's interest in expediting the return of nearly 500,000 Somali refugees to their home country.

Little is known about the four gunmen who sprayed bullets into men, women and children inside the busy Nairobi mall on Sept. 21. THE ASSOCIATED PRESS



Pausing to remember

A Canadian Armed Forces soldier kneels to place his poppy at the base of the Canadian monument for the final Remembrance Day held by Canadian soldiers in Kabul, Afghanistan, on Monday.

COURTESY SGT. NORM MCLEAN, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

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Ford scandal not forgotten at event with vets

'He's ... a druggie.'

Controversy-plagued Toronto mayor booed, refused handshake at Remembrance Day ceremony

Embattled Toronto Mayor Rob Ford couldn't escape controversy at a Remembrance Day ceremony Monday, where a veteran refused to shake his hand.

Ford gave a short speech honouring the military, and there was a quiet smattering of boos and cries of "shame" in the crowd as he walked up to the podium, though there was also light applause.



Toronto Mayor Rob Ford speaks during a Remembrance Day service on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

After he laid a wreath at the foot of the cenotaph at Toronto's Old City Hall, the mayor walked past a row of veterans and at least one re-

fused a handshake.

Tony Smith, who was stationed in Germany after the Second World War, said Ford should not have been there, given his admission last week that he had smoked crack cocaine.

"I didn't shake his hand because he's a drug addict, a druggie," Smith said. "He's No. 1 man in the city and he's smoking up and boozing it up. I don't mind people having a drink. I certainly don't agree with drugs."

Ford reversed five months of denials last week when he admitted he had smoked crack cocaine, likely in one of his "drunken stupors," but has repeatedly denied he is an addict.

THE CANADIAN PRESS



Violence erupts at Polish independence day march

A woman watches the remains of a rainbow sculpture in downtown Warsaw, Poland, Monday. The sculpture made of colourful artificial flowers was set on fire by nationalists taking part in a march marking Poland's independence anniversary. Young Poles torched cars, threw stones at police and tried to climb the fence at the Russian Embassy. Police detained around a dozen people, and Poland's Foreign Ministry spokesman Marcin Wojciechowski condemned the actions on Twitter, saying, "There is no justification for hooliganism." ALIK KEPLICZ/THE ASSOCIATED PRESS

Russia. Man nails his genitals to ground in protest

A Russian performance artist nailed his genitals to the ground outside Moscow's Red Square in protest over Russia's "police state" as the country marked national police day.

A video shows naked Pyotr Pavlensky sitting just outside the Kremlin Sunday after nailing himself to the ground. Police first took him to the hospital and then into custody.

Interfax news agency said that a court dismissed charges of "petty hooliganism" and released him Monday.

Pavlensky, who has long been known for his self-mutilating stunts, told Dozhd television he wanted to warn that "we are on the threshold of becoming a police state."

In the summer of 2012, Pavlensky sewed his mouth closed to protest the imprisonment of three members of Pussy Riot band.

THE ASSOCIATED PRESS

Police: Liberian presidential vehicle used in weed smuggling

Liberia's Drug Enforcement Agency has arrested the head of the presidential motorcade for allegedly using an official vehicle to smuggle 297 kilograms of marijuana into Liberia from neighbouring Sierra Leone, officials said Monday.

The motorcade commander, Perry Dolo, was arrested over the weekend along with three other men after crossing from Sierra Leone, said DEA Director Anthony Souh. The other three men were a Liberian official, a Guinean and a Sierra Leonean believed to be a member of the

armed forces, Souh said. He did not provide further details about the men.

The vehicle used in the operation is known as "Escort 1," the jeep that normally leads the president's convoy, Souh said.

"He took the car during his day off to go do this thing. He was not on duty, but he used the official car," Souh said of Dolo.

Journalists were denied access to the suspects because they were still being interrogated by a joint force that included members of the Emergency Re-

sponse Unit.

"They are still with me going through the process," Souh said. "We want to speedily send them to court as soon as possible because the case is too high. Using a presidential car? It's too big."

Liberia's DEA has in recent years tried to combat marijuana farming in Liberia's interior counties, which is primarily done for local sale and consumption. However, weak drug laws have made the practice difficult to curtail.

THE ASSOCIATED PRESS

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Death row

Condemned killer asks to donate organs

A child killer scheduled for execution this week has asked that his organs be donated to his ailing mother and sister, as well as others.

Ronald Phillips' lawyers say that Phillips would also be willing to donate organs to other individuals. His mother is on dialysis and his sister has a heart condition. THE ASSOCIATED PRESS

New York

Teen charged in skating-rink shooting

A teenager faces attempted murder charges in a weekend shooting at a crowded Manhattan ice-skating rink.

A 20-year-old man and a 14-year-old boy were wounded. Police say the violence erupted after the 16-year-old suspect attempted to rob the 20-year-old skater of his coat. THE ASSOCIATED PRESS

Sochi

Olympic torch returns to Earth

A Russian space capsule carrying the Sochi Olympic torch and three astronauts landed back on Earth Monday from the International Space Station in a landing in Kazakhstan.

The Soyuz capsule returned about three and a half hours after undocking from the station, with Fyodor Yurchikhin, Karen Nyberg and Luca Parmitano aboard. THE ASSOCIATED PRESS



A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

Victims cry out amid death and desolation

Tacloban, Philippines.

Rescuers struggle to operate in city ripped asunder by typhoon

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban resembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — in-

Blasted landscape

"I don't believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house."

U.S. Marine Brig. Gen. Paul Kennedy, after taking a helicopter flight over Tacloban, the largest city in Leyte province.

cluding that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

Emily Ortega, 21 and about to give birth, said she clung to a post to survive after the evacuation centre she fled to was devastated by

the six-metre storm surge. She reached safety at the airport, where she gave birth to a baby girl, whose arrival drew applause from the military medics who assisted in the delivery.

Marvin Daga, a 19-year-old student, tried to ride out the storm in his home with his ailing father, Mario, but the building eventually crumbled and they fell into churning waters. The teen grabbed a coconut tree with one hand and his father with the other, but he slipped out of his grasp.

"I hope that he survived," Marvin said as tears filled his eyes. "But I'm not expecting to find him anymore."

THE ASSOCIATED PRESS

Preparations fall short

Hours before Typhoon Haiyan hit, Philippine authorities moved 800,000 people to sturdy churches, schools and public buildings. But the structures were simply no match for the jet-force winds and massive waves that swept ashore Friday.

"Sometimes, no matter how much and how carefully you prepare, the disaster is just too big," said Zhang Qiang, an ex-

pert on disaster mitigation at Beijing Normal University.

The Philippines, which sees about 20 typhoons per year, is cursed by its geography. On a string of some 7,000 islands, there are only so many places to evacuate people to, unless they can be flown or ferried to the mainland.

The nation also lacks a strong central government,

hampering disaster preparation and relief capacities.

"Imagine America, which was prepared and very rich, still had a lot of challenges at the time of Hurricane Katrina, but what we had was three times more than what they received," said Gwendolyn Pang, executive director of the Philippine National Red Cross.

THE ASSOCIATED PRESS

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Residents line up for treatment and relief supplies at Tacloban airport. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turbo-prop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and

Bound for Red Lake

Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout. **THE CANADIAN PRESS**

Hundreds attend funeral for British veteran, 99

Harold Percival. His friends and relatives are long gone; he was part of raid on German dams in 1943

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his pass-



Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

ing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who

could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

THE ASSOCIATED PRESS

We will remember

"You have come in numbers surpassing anything that was expected."

Rev. Alan Clark, who led the service

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REUTERS/Erk De Castro

DEADLY TYPHOON DEVASTATES THE PHILIPPINES

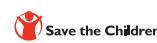
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Gifts. Flipboard helps take guesswork out of holiday shopping with wish lists

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products can be purchased by anyone browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile de-

Growing group

Flipboard has accumulated about 90 million users so far, says co-founder Mike McCue.

vices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flipboard catalogues.

THE ASSOCIATED PRESS

Attempting a turnaround

Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about \$315 million, the national retailer's latest major real estate transaction. **THE CANADIAN PRESS**

Random biz fact of the day

6 sec.

Hiring managers spend about six seconds on a resumé to look for: name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

(Online) mall rats rejoice. Amazon now delivering on Sundays ... in the U.S.



Amazon is rolling out Sunday delivery across the U.S. Here's hoping Canada will be next. ROSS D. FRANKLIN/THE ASSOCIATED PRESS FILE

Amazon is teaming up with the U.S. Postal Service to deliver packages on Sundays.

The Seattle company says Sunday delivery will be available this week to customers in the New York and Los Angeles metropolitan areas. Amazon and the Postal Service plan to roll out service to "a large portion of the U.S. population" next year, including the cities of Dallas, Houston, New Orleans and Phoenix.

Amazon expects Sunday delivery to be popular with members of its Prime service, which costs \$79 US a year and comes

Wish and ye shall receive

Sunday delivery has been on Amazon's wish list for a long time. The company does not disclose the percentage of its packages that are delivered on weekends, but Clark expects customers "to be delighted that they will get their products on a weekend."

with free two-day shipping on many items on the site as well as access to Amazon's streaming service. **THE ASSOCIATED PRESS**

Beer pours \$13.8B into economy



JONATHAN HAYWARD/THE CANADIAN PRESS

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes \$13.8 billion to the country's economy, or nearly one per cent of GDP. **LUKE SIMCOE/METRO**

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

85%

Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in \$5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

Gabriel Resources. Plan for Europe's biggest open gold mine rejected

Stock in Gabriel Resources Ltd. plunged almost 11 per cent Monday after the Romanian government announced it would not allow the Canadian company to develop what would have been Europe's biggest open gold mine.

The announcement by Prime Minister Victor Ponta came shortly before a parliamentary commission voted down a bill that would have

permitted the project. The decisions were a boost to environmental advocates and come after 14 years of protest and debate about whether the foreign investment and the jobs that would have been created by the mine outweigh the costs to nature.

Reaction was muted, with just a few dozen anti-mine activists rallying outside parliament. **THE ASSOCIATED PRESS**

Ashley Madison lawsuit

Adultery site hits back at ex-staffer

A dating website for married people seeking affairs is dismissing a \$20-million lawsuit as nothing but a "frivolous" claim by an "opportunistic" ex-employee.

Ashley Madison has issued

a statement condemning the suit filed by Dorian Silva, who alleges she permanently damaged her wrists typing up fake profiles of women for the site.

In the statement, the company says Silva is exaggerating her injuries in order to support demands for compensation it said escalated over time. **THE CANADIAN PRESS**

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Under the provision of The Alcohol and Gaming Regulations Act, 1997 Notice is hereby given that Mohammad Shraf has applied to the Liquor and Gaming Authority for a Special Use Home Delivery Permit to deliver alcohol in the name of the business known as Can U Deliver located at 127A Avenue D South, Saskatoon, SK.

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina, SK S4P 3M3



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

Care to wing it in Saskatchewan?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of \$10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of \$18 an hour — will make you appreciate your warm, clean office more than ever before. **METRO**



GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarussian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Daniel told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and

"I'm not a monster. And I'm just not another Sarah Unit around the office."



Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

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Random fact of the day

Life in plastic, it's fantastic.
The name? Not so much ...

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG



When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

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AGE IS JUST A SERIES OF 'SHOULDN'TS'

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal,



SHE SAYS
Jessica Napier
metronews.ca

it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guar-

antee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch *Pretty Little Liars* on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Art to give a hoot about



CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells *Metro*. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

What's next?



"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.



METROFILE

@aprilbloomfield:

Two-time Michelin Star winner April Bloomfield (of *Spotted Pig*, *Breslin* and *Iron Chef America* fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:

No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:

While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

DVD review



Man of Steel

Director: Zack Snyder

Stars: Henry Cavill,
Amy Adams

•••••

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in *Man of Steel*, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (300, *Watchmen*) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's *The Tudors*) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making *Man of Steel* a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. *Man of Steel* is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success.

Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY
LAURENCE

Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of *The Michael J. Fox Show*. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on *The Good Wife* and *Curb Your Enthusiasm*) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't

Family-friendly fun

Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.

go back to work full time?" The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. ...



Michael J. Fox doesn't shy away from joking about Parkinson's on his show.
CONTRIBUTED

For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who

have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

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"I think being from Memphis puts a lot of soul in my music," says rapper Yo Gotti. GETTY IMAGES

Yo Gotti gets it done in Southern style

Rapper is on 'a good ride'. Performer brings hip-hop to unfamiliar places en route to promoting new album

CHRIS JORDAN
Metro World News in NYC

Yo Gotti played the historic Orpheum Theatre in Memphis in June.

The evening itself was also historic as well: It was the theatre's first hip-hop show.

"That was a very special moment for me to play at the venue and knowing the history of venue," says Memphis native Yo Gotti, also known as Mario Mims. "It was a very big deal to me, and on top of it we sold it out."

The show was also an example of Yo Gotti's DIY attitude.

"I booked the theatre myself because it was my birthday and I do something big in the city every time," he says. "Everybody was like, 'They don't do rap there' and they don't do this and they don't do that. I have the type of attitude where if I'm trying to achieve something, I don't believe in not trying. It took a lot of work but we got it

Making of the music

- Yo Gotti started out on the north side of Memphis and sold mixtapes on Beale Street.
- In the last 10 years, he's released numerous mixtapes and also albums on TVT Records and RCA. His biggest hit to date is the 2009 single Women Lie, Men Lie, which featured Lil Wayne.

done."

Yo Gotti, the street-smart Memphis wrecker with a hard Southern drawl, gets it done. He's about to embark on a new chapter in his career, as an Epic Records artist. I Am, his Epic debut featuring guest artists T.I., Ne-Yo, Wale, J. Cole and Meek Mill, drops Nov. 19.

The video for Act Right, the album's lead single featuring Jeezy and YG, has been viewed more than five million times on YouTube.

Yo Gotti is currently touring the U.S. to promote the album.

"I'm on the road and there's a lot of energy," he says. "We get up close and personal with the fans; they get up close and personal with me. It's a good ride."

Sometimes it's good to be really, really bad

Successful stinkers.

Film critic Phil Hall talks about the Greatest Bad Movies of All Time

MATT PRIGGE
Metro World News in NYC

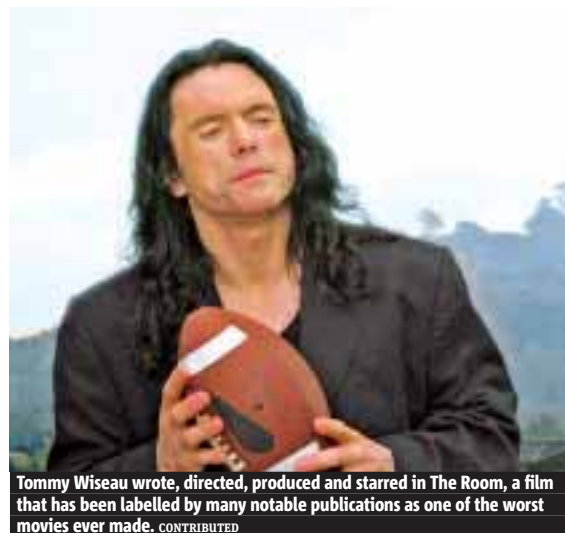
Over the last several years, bad movies have made a comeback. Films like *The Room* and *Birdemic*, plus old discoveries like *Troll 2* have created a cottage industry around uniquely terrible films that hasn't been this strong since the days of Mystery Science Theater 3000. With his new book *The 50 Greatest Bad Movies of All Time*, Film Threat critic Phil Hall, as per the title, chooses not to hang films he considers "anti-classics," but celebrate them. These include not just terrible amateur productions, but lavish Hollywood bombs — and even established greats like Clint Eastwood's *Mystic River*.

When did you become aware that movies could be bad?

I remember as a kid I went to see Airport '75 in the theatre. I was nine years old and I remember, even back then, thinking, "There's something wrong with this movie. This is not the way grown-ups are supposed to behave."

Not long after that Michael and Harry Medved were releasing their run of books about bad cinema, like *The Golden Turkey Awards*.

I still have them. They're all



Tommy Wiseau wrote, directed, produced and starred in *The Room*, a film that has been labelled by many notable publications as one of the worst movies ever made. CONTRIBUTED

worn out by now. The Medveds can be a little catty and nasty in their writing. But they were the first ones to come out and say, "Yes, there are these 'golden turkeys.' And we love them." Granted, they were making fun of them. I try not to do that. I try not to denigrate people's work, and I don't want to discourage people from seeing these films.

It's a very subjective batch, and not all of the biggies are on here.

I didn't just want to have all the big budget flops or the cheap horror films of the '50s. I wanted to show these wonderfully bad movies existed as far back as the silent era. They stretch through all genres. My favourite is the documentaries. I love the idea of non-fiction films that get their facts wrong.

And you include *The Room*, which is a train wreck made by someone convinced it was a serious, mainstream drama.

That's the beauty of it: Nobody actually was able to stop (filmmaker) Tommy Wiseau and say, "Tommy, you're going in the wrong direction." But he was working independently. A lot of the films in the book are studio releases, and there you're going through committees and commissions and dealing with tens of hundreds of people in the creation. It's almost impossible to imagine that some of these films got into release without anybody realizing they had a dud on their hands.

In one way, bad movies seem to unite audiences like no other kind of film. It's actually a strong example of the magic of cinema.



Film Threat critic and author of *The 50 Greatest Bad Movies of All Time*, Phil Hall. CONTRIBUTED

I find sometimes that people are more enthusiastic talking about the great bad movies than the great films. We can have a discussion of Tarkovsky or Kurosawa, and it can be a very stimulating, cerebral conversation. But you start talking about *The Room* and *Mommie Dearest* and the enthusiasm level ratchets up dramatically. People become more viscerally engaged when discussing why they're so enraptured by these films.

Often times the amateur filmmakers of bad movies will embrace their notoriety. And then there's Halle Berry and Sandra Bullock, who showed up at the Razzies to collect their trophies for *Catwoman* and *All About Steve*.

It goes with the territory. People who've been in the business for some time, they're not that thin-skinned. They realize they'll make great films and they'll make not so great films. But at the end of the day they're making films. They're doing what they love to do.

Bieber's got a belly ache. Singer exits Buenos Aires stage claiming sickness

Justin Bieber is blaming food poisoning for forcing him to quit the stage for the second time during his South America tour.

This time he drew boos from a huge crowd in Buenos Aires' River Plate stadium who paid up to \$320 to see their idol perform up close.

"I'm not feeling too good, I think I'm out of energy," he told the crowd,

saying he was sorry and blowing a kiss before walking off the stage with his head hung low.

Bieber posted a "selfie" photo on Twitter showing himself receiving intravenous fluids, and his manager Scooter Braun came to his defence Monday with a statement laying out a version of Bieber's wild weekend.

THE ASSOCIATED PRESS



Justin Bieber THE ASSOCIATED PRESS

The Word

**Lance Bass
ready to say
Bye Bye Bye to
bachelorhood**

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin. And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says. "One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

METRO WORLD NEWS



Lance Bass and Michael Turchin. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Miley Cyrus

**Miley continues her blaze
of glory as she burns one
at the MTV Euro awards**

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States, the cameras cut

away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

Twitter



@JuddApatow

Life may have been better before we knew what everyone else thought so specifically. I liked knowing less people.



@GarryShandling

I've only seen a real wrecking ball once, so I just don't know how accurate the miley cyrus video is. No comment.



@joeldavidmoore

"Was it worth holding in a fart for an hour?" — how men judge a massage



Katy Perry and John Mayer

**Mayer and
Perry to tie
the knot?**

With her appearance on the red carpet of the MTV Europe Music Awards Sunday night, Katy Perry continued to stoke rumours that she and boyfriend John Mayer are thinking about tying the knot.

The Unconditionally singer sported a diamond ring on her left ring finger, according to E! News.

Reps for Perry and Mayer didn't return requests for comment.



Charlie Sheen

**Charlie
Sheen is
winning ...
at apologies**

Two and a half years after his falling out with Two and a Half Men boss Chuck Lorre, Charlie Sheen is apparently looking to mend some fences. He took to Twitter recently to prep the sitcom creator for a potential upcoming visit, writing, "Hey Chuck. I have an idea that you need to hear after I make amends to you and yours, which I will do in person."

Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short — we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:

- Assisting the Regional Distribution Manager with daily tasks
- Working closely with distribution contractors
- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:

- Customer service is a must
- Organized, detail oriented, and computer savvy
- Familiar with the City of Saskatoon
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Nov. 22nd, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Saskatoon in the subject line. All submissions will be treated as confidential.

Mind the App

Life in the womb



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPad \$4.99

This jaw-dropping simulation explores every stage of a pregnancy with insightful detail, doctor's recommendations and 3D animations capturing milestones like the growth of fingers, the opening of eyes and smiling.



Half off update



Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

• Read the blog.
metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was



Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

all mom's job.

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty

balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.



Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

3 TIPS



Good friends. Good food. Good times.

TEMP2710

**MARGARITAS
& Chicken
Fingers**

Stuff the Southwest into kid-friendly sweet potatoes

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

1. Heat oven to 190 C (375 F).

Ingredients

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese



This recipe serves four. THE CANADIAN PRESS

2. Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

3. Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

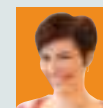
4. In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling

into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Health Solutions

You say potato, I say potassium



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

• Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and

boiled recipes.

• Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.

• Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Appetizer. Parsnip Bacon Rosti



1. In a steamer, cook parsnips until tender, 15 to 20 minutes. Let cool; grate and/or mash.

2. In a large bowl, combine parsnips, bacon, cheese, egg, flour, salt, pepper and nutmeg.

3. Use about 15 ml (1 tbsp) of the mixture to form a 4-cm (1 1/2-inch) cake. Coat in bread crumbs. Repeat until all the mixture has been used.

4. In a large skillet, heat vegetable oil over medium-high heat; fry rosti until nicely browned, about 2 minutes on each side. Drain on paper towel.

5. Serve garnished with a dollop of sour cream and finely chopped pickled beets.

THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 375 g (12 oz) parsnips, peeled and cut into 2 pieces
- 3 strips lean bacon, cooked and crumbled
- 175 ml (3/4 cup) shredded old cheddar cheese
- 1 egg
- 30 ml (2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) each salt and pepper
- 0.5 ml (1/8 tsp) nutmeg
- 125 ml (1/2 cup) bread crumbs
- 50 ml (1/4 cup) vegetable oil
- Sour cream, pickled beets

Veggie chip, dip, repeat

These nutritious and delicious Vegetable Chips With Roasted Pepper Cream Dip are easy to make.

When completely cooled, they can be stored at room temperature in an airtight container for up to two days.

Re-crisp in a warm oven before serving. The dip also makes a great garnish for soups or salads.

1. Using a vegetable slicer, cut carrots, beets, parsnips and

Ingredients

- 2 each peeled carrots, beets, parsnips and potatoes
- 45 ml (3 tbsp) vegetable oil
- Salt, to taste
- Dip**
- 250 ml (1 cup) cream cheese, room temperature
- 125 ml (1/2 cup) sour cream
- 15 ml (1 tbsp) lemon juice
- 3 roasted red peppers
- 2 ml (1/2 tsp) grated orange rind
- 1 or 2 cloves garlic, minced
- 30 ml (2 tbsp) chopped chives, plus extra for garnish
- 1 ml (1/4 tsp) ground cumin
- Salt and pepper, to taste
- Chili sauce (optional)



This recipe makes four to six servings. THE CANADIAN PRESS

potatoes into very thin slices.

2. Keeping beets separate, toss all vegetables with oil to coat thinly.

3. Line 2 large baking sheets with parchment paper; arrange all of the vegetable

slices in a single layer on the baking sheets. Bake for 15 minutes. Reduce heat to 120 C (250 F); bake for about 45 minutes longer, turning slices at least once, or until crisped and browned. Sprinkle with salt.

4. Dip: In food processor,

purée cream cheese, sour cream, lemon juice, peppers, orange rind and garlic. Stir in chives, cumin, salt and pepper. Top with a swirl of chili sauce, if using, and more chopped chives. Serve with chips. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Marry Me. Self-marriage kit allows people to tie the knot with themselves

MICHELLE CASTILLO

Metro World News

If you're tired of being single, you no longer have an excuse. Husband and wife Jeffrey Levin and Bonnie Powers have found the perfect person for you — yourself.

The duo has created the I Married Me Self-Wedding In A Box, which is exactly what it sounds like. Now, you can exchange vows and a ring with the person who matters most in your life, taking the mantra of "you doing you" to another level.

The kit comes complete with a wedding ring, vows that you can exchange with yourself and daily affirmations to remind yourself about how amazing of a partner you are. Prices range from \$45 and \$300, depending if you want to treat yourself to a silver or gold ring.

"Many people have equated it with an idea of being frivolous," Powers explained. "It's absolutely not about that."

Powers said they came up with the idea after her mother had passed away near her birthday and they wanted to do a celebration to honour her mother while still recognizing her own personal accomplishments.

They later held a mass self-marriage ceremony during their own wedding. Guests read specially written vows reminding them to be positive in their own lives, and then put on the wedding favour ring as a symbol of their commitment to being a better person for themselves.

"There's a lot of evidence that when you are more opti-

Do it for you

"We want to give people that sense of reminder and that re-affirmation that they are going to be OK."

Co-creator of I Married Me Self-Wedding In A Box

mistic, when you are able to rise above, it gives you the resources to be able to cope better when things are harder," she explained. "We want to give people that sense of reminder and that reaffirmation that they are going to be OK."

Levin adds that they have facilitated about 250 self-marriages so far, some in events like their wedding and others for smaller groups. They decided to make the kits and raise money for the project on crowdfunding site Indiegogo to spread the idea further to the masses.

The couple admitted that many people have questioned if this is another "crazy Californian idea," but pointed out that the idea of self-marriage exists in some cultures, especially in African tribes. While self-weddings aren't legally binding in the U.S., it is interesting to note that in Colorado, you yourself are legally allowed to marry you and a partner.

Powers hopes that people will pick a special day for themselves and renew their vows to themselves often.

"In a very authentic way, we're rooting into what makes them special," she explained.

"It's something that we believe in, and it's powerful," Levin said.



Make your big day a special one. iStock



If you apply yourself there are ways to adapt to the temp treadmill and ways to get off it completely. iStock

Getting tired on the temping treadmill?

Take a time out to think. First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE DJOC

life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone.

We tapped Vancouver-based workplace psychologist Dr. Jennifer Newnman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

Do you think the aging workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?

A lot of people who have had 20 years experience at one job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different offices and gaining new skills that way.

What advice do you have for serial temps who feel they're going nowhere and want to break the cycle?

Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and thinking, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)? The nice thing about meeting different people through a temp

agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of different people.

Are certain personality types better suited to cycling through a series of interim jobs than others?

There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are

good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures in a serial fashion as you would if you were doing international relations or development. The main qualities they have are adaptability, flexibility, being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multiculturalist going into different cultures, almost an anthropological mindset, it can help.

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OPPORTUNITIES & ADVANTAGES OF A POST-SECONDARY DEGREE

More than ever, students need to understand that attending a post-secondary institution provides opportunities and advantages that others might find lacking later on in life.

Today, the global economy is becoming

more competitive and, in order to improve the chances for a well-paying job, a post-secondary education is extremely important.

According to many studies, the fastest-growing jobs of the future will require some post-secondary education or train-

ing. Graduates can earn twice as much as high school diploma holders. Many economies are shifting to knowledge-based from manufacturing-based. A post-secondary education serves as a gateway to better options and more opportunities.

Attending lectures from experts in the field, and reading and researching encourages students to think, to ask questions and to explore new ideas. All this adds to a student's development and growth, and provides post-secondary graduates with an edge over those who have only graduated from high school. Post-secondary life also provides one with valuable connections and resources, adding to the number of options available after completing graduation.

The variety of courses and programs can be as specific or generalized as you require.

A post-secondary education is the best possible way to insure higher earning power after graduation. Companies are looking for well-rounded employees who can hold a conversation with confidence, and a post-secondary degree signifies the level of discipline, effort and intelligence of which most employers seek.

The truth of the matter is that there are no disadvantages to graduating with a post-secondary degree program. Along with increasing one's earning potential and promotion potential, the most important improvement occurs with one's self-image. A college education gives you a sense of accomplishment and confidence that may just be what is needed in your professional and personal life.

GDI: PROVIDING CORE SERVICES FOR MÉTIS

GDI was founded in 1980 by Métis people of Saskatchewan. It provides educational, cultural, and employment services to the Métis through its core programs and four companies — Dumont Technical Institute (DTI), GDI Training & Employment (GDIT&E), Gabriel Dumont College, and Gabriel Dumont Scholarship Foundation.

Between 2009-12, DTI delivered 115 programs to more than 1,860 students. DTI is the second largest producer of practical nurses in Saskatchewan and has graduated

more than 235 practical nurses since 2000. The DTI graduation rate of 71 per cent compares favourably to similar institutions across Saskatchewan.

GDIT&E offers employment counseling and demand-driven skills training. It served more than 730 clients in 2011-12. GDIT&E, in partnership with employers and Service Canada, has increased Aboriginal participation in apprenticeship trades by 125 in the past two years.

GDI offers a bachelor of education

program in partnership with the universities of Regina and Saskatchewan. To date, SUNTEP has graduated more than 1,050 Aboriginal teachers.

GDI partners with other organizations to establish scholarships. These include the GDI-Saskatoon Health Region Scholarship, SaskEnergy Métis Scholarship, SaskTel Métis Scholarship, GDI-Cameco Scholarship, and BHP Billiton Métis Scholarship. GDI has issued more than \$1 million in scholarships to Métis students.



VASILY PINDYURIN/COLOURBOX



GABRIEL DUMONT INSTITUTE
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DTI

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Saskatchewan Urban Native Teachers Program

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CONTRIBUTED

BLENDED LEARNING CAN OPEN DOORS

Independent and blended learning opens doors for students who can't access traditional classroom-based learning.

Massage, for example, would once only have been offered in a traditional classroom. Now, MH Vicars School of Massage Therapy is the only Alberta school training therapists using an independent-study model that meets the new national curriculum standards.

The school was founded 11 years ago by creating a program that offered the best features of pre-existing schools — the flexibil-

ity of so-called correspondence schools with the academic rigor and enriched programs of the best traditional colleges.

With MH Vicars' independent-learning program, you can do all this without having to give up your day job. Monthly classes meet Thursday through Sunday once a month in Edmonton or Calgary.

MH Vicars' monthly students often travel several hours to attend classes in order to enjoy the benefits of post-secondary education without uprooting their families.

"We've had students from all over Alberta, from the Territories, and from Saskatchewan, B.C., and Manitoba," says Maryhelen Vicars, the school's founder. "It's a long commute once a month, but for them it's better than having to uproot their families."

The next monthly classes begin in January for graduation in June 2015. Call Rachel at 1-866-491-0574 or email info@mhvicars-school.com for your free career information package, or to book a school tour.

ENJOY THE DIVERSITY OF LAW ENFORCEMENT

The police sciences diploma program at Academy of Learning College is designed for those who are interested in a career in law enforcement and its related fields.

"Enforcement is a great career choice," says Beth Hills, police sciences instructor for the Academy of Learning College Saskatoon. "Every day on the job is different."

Hills says this field is constantly expanding as the population grows and policing becomes more challenging. For

this reason, and because of retirement patterns within law enforcement agencies, hiring is a priority.

Students will study all aspects of the Canadian criminal justice system and policing authorities and procedures, with an emphasis on communication skills, culture and diversity studies, and conflict management.

Hills says the program is constantly updated to reflect changing laws, new technologies and procedures, and our

multicultural society. Program graduates include current members of the RCMP, Saskatoon Police Service (and other municipal services), the Canadian Correctional Service, sheriff departments, and dedicated security professionals.

Applications for the Jan. 6 start date are being accepted.

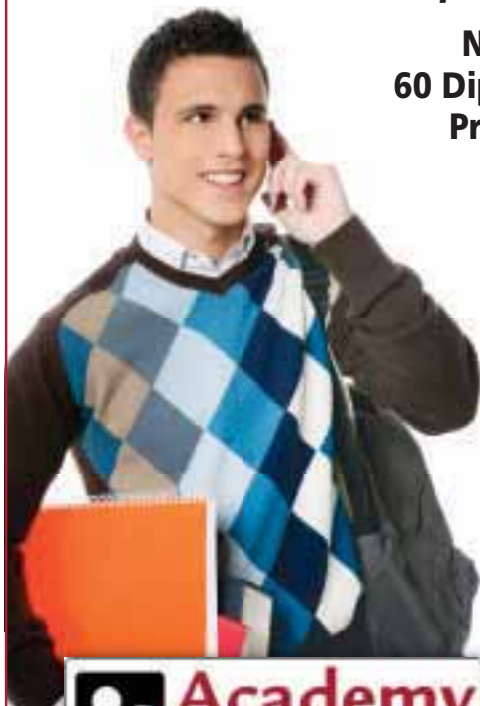
For more information about this program, or Academy of Learning College, visit Academyoflearning.com, call 306-373-8700, or find the school on Facebook.



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Got your eye on temp work? Take note of these survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flex-

ible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

- Research the agency. Some offer services that are very specialized.
- Map out what types of jobs you have experience in and what type of work you would be willing to do.
- Map out the specific times and hours per week you are available to work.
- Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

Budgeting for the temp life

- It can be challenging to manage a temp-worker budget, because your hours can vary widely.
- First, establish your monthly essentials amount, including rent, car payments, utilities and so on.
- Then have the paycheck deposited into a savings

account and transfer only the must-spend sum into a chequing account. The idea is to sequester a savings cushion in case there is a dry patch.

- Once the work starts to flow you can ease up the spending restrictions but try to keep two to three months of expenses stashed in savings.

- Where do I park?
- Where is the staff entrance?
- What is the dress code?
- How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply

the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

What's it like to be wealthy at 19? Ask Madeon

Money management.

This French teenage DJ has millions of fans, with hits on MTV, YouTube and FIFA 13. Did millions of dollars follow?

MICHELLE CASTILLO
michelle.castillo@metro.la

Nineteen-year-old Madeon started his career as soon as he hit double digits. Now, the electronic dance music prodigy (real name: Hugo Leclercq from France) is a veteran. Metro caught up with the DJ to talk about how he made it happen so young. His answers may be as inspiring as his anthemic songs.

How did your love for EDM (electronic dance music) start?

I became interested in electronic music long before it was really marketed as EDM. I just came across it in a very normal way being French, seeing Daft Punk on TV and some of those bigger, more mainstream records. I could tell right away it was a really different sound from everything else I was exposed to and I wanted to hear more.

Did you want to be a musician

from the very beginning?

I first got interested making music when I was 10 or 11. I started recording myself with a spoon making noises, trying to make loops and noises. DJing and performing came much later, when I was 16.

Pop Culture, your first YouTube hit, is amazing because you don't just sample songs from Daft Punk and others, but we see you doing it live. Can you walk me through the moment when you realized it was a smash?

I was on a summer vacation with my parents. We didn't have an Internet connection there, so we just tried to go online on my phone to check regularly what the views were like. I could see it was doing OK, so I was happy. I think by the end of that vacation it had a few million.

Most teens your age haven't even started a full-time job. What is that like?

The way I approached it was I wanted to learn as much as I could about production and composition. To ensure that by the time I was 18, I would be enabled to have the tools to make it a career. Life happens. I stopped school a little earlier, and I started making music



RUUKS.COM

more proficiently before that. It was always my desire.

What did you buy with your first paycheck?

When I did remix competitions, one of them was a \$500 cash prize. I didn't have any cash, so I did that and I won it. I used the money to buy a really nice keyboard. I don't really spend money. Well, on flights, and on the routine and things, but the thing is my studio is pretty humble. I still use the same speakers I've used forever. I still use the same keyboard I bought at that time.

What's the first luxury item you bought?

My first yacht was for my number one. I'm kidding! I guess an iPhone? I just walk around with it non-stop with my headset, listening to my entire music collection on shuffle. Right now I have 6,000 (songs) on my iPhone, but I have a lot missing.

How does it feel to have a song on FIFA 13?

Some songs became really iconic through their appearance in that game. Blur's

Song 2 became really iconic in the U.S. It's great. When we released it, I was weird about it because it's not a classic dance song. It's a weird tempo. It's a different vibe from everything else. I actually don't play the game!

According to Forbes, the most successful EDM artist now is Tiesto, who brings in millions each year. Have you joined that club?

Are you literally looking me in the face and asking me if I made a million? That's pretty daring! I actually have

Have a listen

- **Pop Culture.** This sample-heavy YouTube video launched Madeon, and now has 19-million-plus views.
- **The City.** The anchoring track on his EP, and the one you've jogged to before (or should).
- **Finale.** The ultimate sign he's arrived: Madeon's got a track on the FIFA 13 soundtrack.



zero clue about my finances. All I know is I'm making a living, so I'm not fearful of being on the street just yet. I just spend a lot of money on building a good show. There is a thriving scene, and it is profitable. I try to make sure that it enables me to do cool stuff instead of buying me a car that looks nice.

Tennis

Djokovic defeats Nadal for year-end championship

Defending champion Novak Djokovic beat top-ranked Rafael Nadal 6-3, 6-4 to win the ATP World Tour Finals on Monday, extending his winning streak to 22 matches and claiming the elite season-ending title for the third time.

Djokovic has not lost a match since his defeat to Nadal in the U.S. Open final. **THE ASSOCIATED PRESS**



Novak Djokovic THE ASSOCIATED PRESS

MLB

Free agents turn down \$14M qualifying offers

The Boston Red Sox trio of Jacoby Ellsbury, Mike Napoli and Stephen Drew were among 13 free agents who turned down \$14.1-million qualifying offers Monday from their former teams.

Three Yankees also said no thanks: Robinson Cano, Curtis Granderson and Hiroki Kuroda.

In two years of the new system, all 22 players given qualifying offers have said no.

THE ASSOCIATED PRESS



Lightning centre Steven Stamkos is taken off the ice on a stretcher after breaking his leg against the Bruins in Boston on Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Stamkos injury felt by Bolts, Team Canada

NHL. League's leading scorer out indefinitely with a broken leg

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. The Markham native was the NHL's leading scorer at the time of his injury and figured to be a lock to make the team.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics," said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The broken tibia will require surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the

Quoted

"It's unfortunate, and that's the risk of being a National Hockey League player or a professional athlete."

Wayne Gretzky, on Steven Stamkos breaking his leg.

fracture could affect things.

Surgery is set for Tuesday morning.

"The biggest concern for me, and the rest of the Lightning, is that decisions are made in Steven's best long-term interest, and we feel this is the appropriate course of action," Lightning GM Steve Yzerman said in a statement.

man said in a statement.

Yzerman is also Team Canada's GM, making this potentially a double loss. Stamkos had a league-best 14 goals and 23 points in the first 17 games of the season, helping Tampa Bay climb to first place in the Atlantic Division.

Hockey Canada president and CEO Bob Nicholson said the major priority right now is Stamkos's health, not the impact on the Olympics.

"This isn't about the Olympic team," Nicholson said on the red carpet before Monday night's Hockey Hall of Fame induction ceremony. "This is about Steve Stamkos making sure he takes care of himself."

THE CANADIAN PRESS

Shanahan targets next generation on checklist



Brendan Shanahan is greeted by Gary Roberts during the 2013 Hockey Hall of Fame Legends Classic game in Toronto on Sunday. BRUCE BENNETT/GETTY IMAGES

It's a ritual of Hockey Hall of Fame induction weekend for members of the selection committee to read the plaques of incoming members.

As chairman Pat Quinn read Brendan Shanahan's on Friday, he paused to go off script.

"The only player in NHL history to record 600 goals and 2,000 penalty minutes," Quinn read aloud before ad-libbing. "You can imagine him giving out the fines and the suspensions today."

That's now Shanahan's job as the NHL's vice-president of player safety.

Life after playing hockey

Brendan Shanahan began working for the NHL as vice-president of hockey and business development in late 2009. In June 2011, he succeeded Colin Campbell as the league's disciplinarian.

Shanahan put up 656 goals and 698 assists in his playing career, numbers that made him worthy of induction Monday night along with defencemen Chris Chelios and Scott

Niedermayer, late coach Fred Shero and Canadian women's team defenceman Geraldine Heaney.

But commissioner Gary Bettman believes Shanahan's legacy will ultimately be defined by what he does in an office. "I think his contributions to the game, based on what he's doing now, will even exceed what he did in the 21 years that he played," Bettman said. "He's making a real mark on how the game is played, making it safer for current players and generations to come." **THE CANADIAN PRESS**

Calvillo 'favouring' retirement at age 41

CFL. Head injury, age have QB leaning towards calling it a career

Quarterback legend Anthony Calvillo says he is leaning toward retiring.

The CFL's all-time passing leader said he has not made a final decision, but he will discuss his future with Montreal Alouettes owner Bob Wehenhall on the weekend. It is highly possible his 20-year career is over.

"I'm favouring retiring, that's for sure," Calvillo said Monday as the Alouettes went through the season-ending ritual of cleaning out their lockers after their 19-16 overtime loss to Hamilton in the East semifinal. "That's the way I've been looking at things."

The 41-year-old has not played since August when he suffered a concussion after a



Anthony Calvillo speaks to reporters on Monday in Montreal.
THE CANADIAN PRESS

routine hit in the backfield in a game against Saskatchewan. He said the concussion symptoms, mainly a feeling of pressure in his head, have still not gone away completely.

"The fact that the concussion has kept me off the field for so many weeks is concern-

Finals set

- The Hamilton Tiger-Cats will face the defending Grey Cup champion Toronto Argonauts this Sunday in the East Division final.
- The Saskatchewan Roughriders overcame a nine-point fourth-quarter deficit to beat the B.C. Lions 29-25 Sunday and advance to the CFL's West Division final where they'll face the Calgary Stampeders, also this coming Sunday.

ing, but the biggest thing is that I'm still not 100 per cent," he said. "That's what bugs me the most."

"Now that (the season) is over, I want to step away from football and make sure I really and truly make the right decision, but I am favouring not playing." **THE CANADIAN PRESS**



Rose dinged up in Bulls win

Bulls guard Derrick Rose drives to the basket between Cavaliers big men Tristan Thompson and Anderson Varejao on Monday night in Chicago. Rose had 16 points before leaving in the fourth quarter with a right hamstring injury, in the Bulls' 96-81 win. "It's just a minor sprain," Rose said. "Nothing bad." **JONATHAN DANIEL/GETTY IMAGES**

MLB

Fernandez, Myers named top rookies

Miami Marlins Right-hander Jose Fernandez and Tampa Bay Rays outfielder Wil Myers were selected baseball's Rookies of the Year on Monday. Fernandez was 12-6 with a 2.19 ERA and 187 strikeouts and Myers batted .293 with 13 home runs and 53 RBIs.

THE ASSOCIATED PRESS

NBA

Back pain puts Nash on sidelines

Steve Nash will be out of the Los Angeles Lakers' lineup for at least two weeks with nerve root irritation.

The Lakers announced the latest injury setback for the two-time NBA MVP on Monday after Nash consulted with a back specialist. Nash played just 13 minutes in the Lakers' loss to Minnesota on Sunday night before sitting out with back pain.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Monday's result

Boston 3 Tampa Bay 0

Sunday's results

Montreal 4 NY Islanders 2

New Jersey 5 Nashville 0

NY Rangers 4 Florida 3

Chicago 5 Edmonton 4

Colorado 4 Washington 1

Winnipeg 5 San Jose 4 (SO)

Anaheim 3 Vancouver 1

Tuesday's games

All Times Eastern

Los Angeles at Buffalo, 7 p.m.

Colorado at Carolina, 7 p.m.

Nashville at NY Islanders, 7 p.m.

Columbus at Washington, 7 p.m.

New Jersey at NY Rangers, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.

Anaheim at Florida, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Tampa Bay at Montreal, 7:30 p.m.

Phoenix at St. Louis, 8 p.m.

San Jose at Calgary, 9 p.m.

Wednesday's games

Toronto at Minnesota, 7:30 p.m.

Philadelphia at Pittsburgh, 8 p.m.

Dallas at Edmonton, 10 p.m.

Thursday's games

Los Angeles at NY Islanders, 7 p.m.

Columbus at Boston, 7 p.m.

Anaheim at Tampa Bay, 7:30 p.m.

Phoenix at Chicago, 8 p.m.

Colorado at St. Louis, 8 p.m.

Dallas at Calgary, 9 p.m.

San Jose at Vancouver, 10 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	8	0	1.000	—
Miami	4	3	.571	31/2
Atlanta	4	3	.571	31/2
Philadelphia	4	4	.500	4
Boston	4	4	.500	4
Charlotte	3	4	.429	41/2
Toronto	3	4	.429	41/2
Cleveland	3	4	.429	41/2
Chicago	2	3	.400	41/2
Detroit	2	3	.400	41/2
Milwaukee	2	3	.400	41/2
Orlando	3	5	.375	5
Washington	2	4	.333	5
New York	2	4	.333	5
Brooklyn	2	4	.333	5

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	7	1	.875	—
Oklahoma City	5	1	.833	1
Phoenix	5	2	.714	11/2
Minnesota	5	2	.714	11/2
Portland	4	2	.667	2
L.A. Clippers	4	3	.571	21/2
Dallas	4	3	.571	21/2
Houston	4	3	.571	21/2
Golden State	4	3	.571	21/2
New Orleans	3	4	.429	31/2
Memphis	3	4	.429	31/2
L.A. Lakers	3	5	.375	4
Denver	1	4	.200	41/2
Sacramento	1	5	.167	5
Utah	0	7	.000	61/2

x - clinched playoff berth; y - division; z - conference.

Monday's results

San Antonio 109 Philadelphia 85

Indiana 95 Memphis 79

Atlanta 103 Charlotte 94

Boston 120 Orlando 105

Toronto at Houston

Cleveland at Chicago

Denver at Utah

Detroit at Portland

Minnesota at L.A. Clippers

Sunday's results

San Antonio 120 New York 89

Oklahoma City 106 Washington 105

Phoenix 101 New Orleans 94

Minnesota 113 L.A. Lakers 90

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)

Sunday's result

Real Salt Lake 4 Portland 2

Saturday's result

Kansas City 0 Houston 0

Saturday, November 23 — All Times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results

Hamilton 19 Montreal 16

Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

Horoscopes

Aries

March 21 - April 20

Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

Taurus

April 21 - May 21

You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

Gemini

May 22 - June 21

What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

Cancer

June 22 - July 23

Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

Leo

July 24 - Aug. 23

If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

Virgo

Aug. 24 - Sept. 23

Use your mind today. You won't need to force others to do your bidding as long as you ask nicely, and show them how they can benefit too.

Libra

Sept. 24 - Oct. 23

This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

Scorpio

Oct. 24 - Nov. 22

Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

Sagittarius

Nov. 23 - Dec. 21

Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

Capricorn

Dec. 22 - Jan. 20

Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

Aquarius

Jan. 21 - Feb. 19

You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

Pisces

Feb. 20 - March 20

The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. **SALLY BROMPTON**

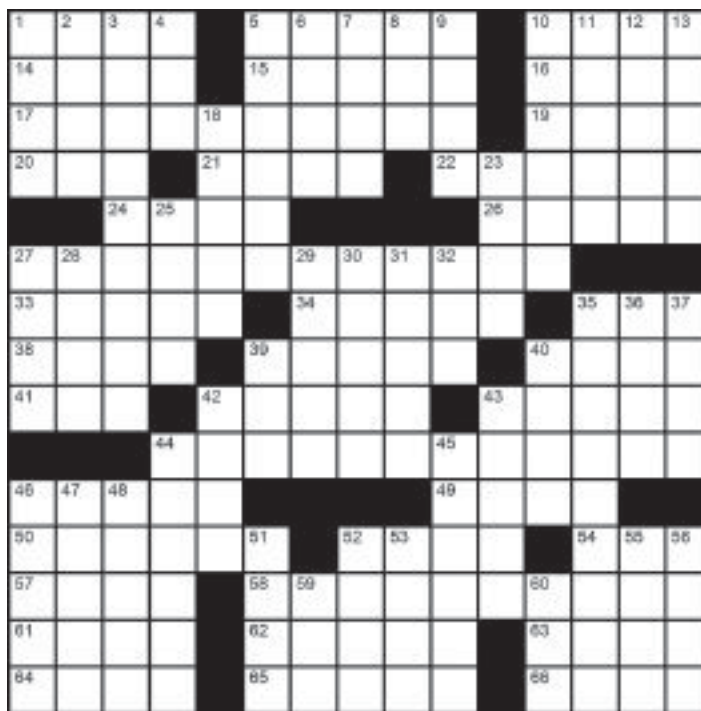
Crossword: Canada Across and Down

Across

1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos __, Argentina
27. __ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the __ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. __ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North __
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.
52. '60s band, The __

Down

2. __ of judgment
3. Does some housework
4. Potato gadget
6. Electronic music dance party
7. Selfish sort
8. "___ la vie!"
9. Stewpot
10. Signal for peace
11. Pond buildup
12. __ provider
13. Fatty, in cooking
14. Ship's figurehead site
15. Pixies
16. Golfer's "Look out!"
17. Permafrost, as some might call it: 2 wds.
18. Positive response
19. Ground shaker
20. Puerto __
21. Tiny amphibians
22. "Shine a Little Love" gr.
23. Parched
24. Mountain city in southeastern BC
25. Wickerwork material
26. Brummels
27. Curve
28. Wine-producing region in Italy
29. Sketch comedy show gig: 2 wds.
30. Keyboard key
31. The Beatles generated lots of it!
32. Pre-stereo
33. Boat's stability

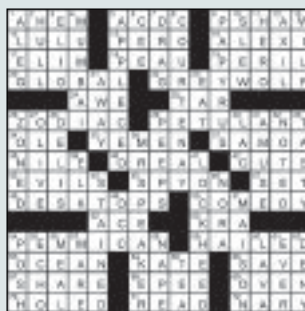


See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

31. Corrupt
32. "___ be my pleasure."
35. Canadian ship-ping company
36. The __ Mountains (Range in Russia)
37. Singing cowboy Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resistance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette __
56. Brag about
59. __ de Cologne
60. Rapsallion

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

4°/-7°
Mainly sunny

Wednesday

4°/-10°
Partly cloudy

Know what the weather will be 14 days from now.
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